ULTREAN

we believe real food sustains us,inspires us and fuels us to be our best

COOK BOOK

Thanks for trusting Ultrean for your household and kitchen needs!

(May you have a FANTASTIC culinary experience with your new Ultrean Air Fryer!)

START COOKING delectable yet healthier meals using your free ULTREAN airfryer recipe book

SUBSCRIBE to our newsletter to get yourself updated with latest great deals, gifts and valuable information about Ultrean products.

https://www.ultrean.com

GOT QUESTIONS or CONCERNS? Explore our FAQ page

https://www.ultrean.com/faqs/

GET IN TOUCH with our Chefs & dedicated Customer Satisfaction Experts

Email: support@ultrean.com

18 Months

WARRANTY ISSUE

Email: support@ultrean.com

And we'll do our best to make you one of our HAPPY customers!
We remain at your service! Of Ultrean

Content

Breakfast

BBQ Bacon 1
Breakfast Pizza 2
French Toast Sticks 3
Ginger Blueberry Scones 4
Muffin Breakfast Sandwich 5

Entrees

Balsamic Mustard Flank Steak 6
Barbeque Chicken 7
Cajun Chicken Tenders 8
Cajun Shrimp 9
Chipotle Tuna Melt 10
Fiesta Mini Pizzas 11
Fish and Chips 12
Five-Spice Sticky Chicken 13
Fried Chicken Wings 14
Fried Chicken 15
Fried Fishes 16
Fried Steak 17
Garlic Chipotle Fried Chicken 18
Garlic Lemon Chicken Legs 19
Grilled Beef Fajitas 20
Grilled Cheese 21
Grilled Scallion Cheese Sandwich 22
Honey Lemon Chicken 23
Italian Baked Eggs 24
Italian Meatballs 25
Japanese Glazed Meatballs 26
Mediterranean Lamb Meatballs 27
New York Steak with Chimichurri 28
Pork Katsu 29
Portabella Pepperoni Pizza 30
Roasted Garlic & Herb Chicken 31
Salmon with Dill Sauce 32
Salmon with Lem - on Dill Sauce & Asparagus 33
Spicy Shrimps 34
Steak Sandwich 35
Teriyaki - Glazed Salmon 36
Turkey Taco Sliders 37

Appetizers & Sides

Avocado Fires 38
Brussel Sprouts with Pancetta 39
Greek Fries 40
Homemade French Fries 41
Onion Rings 42
Parmesan Zucchini Fries with Herb Dipping Sauce 43
Roasted Butternut Squash 44
Roasted Cauliflower 45
Roasted Corn 46
Roasted Eggplant 47
Roasted Garlic Broccoli 48
Smoked Paprika and Parm Potato Wedges 49
Sweet Potato Fries with Sriracha Mayonnaise 50

BBQ Bacon

Ingredients:

1 tablespoon dark brown sugar
2 teaspoons chili powder
¼ teaspoon ground cumin
¼ teaspoon cayenne pepper
4 slices bacon, halved

Directions:

1. Combine all the seasonings together- sugar, chili powder etc..
2. Fully coat the bacon in the mixture of seasoning. Set aside.
3. Set the temperature to 320°F, and press Start to preheat.
4 Put the bacon inside the pre heat air fryer.
5. Set the timer to 390 degrees F for 7-10 minutes(Choose less time for thinner bacon)

Breakfast Pizza

Ingredients:

2 teaspoons olive oil
1 pre-made pizza dough (7 inches)
1 ounce low-moisture mozzarella cheese
2 minced garlic cloves
1½ tablespoons of chopped cilantro
2 slices smoked ham
1 egg

Directions:

1. Apply olive oil on top of the premade dough.
2. Garnish the dough with sliced ham and mozza-rella cheese.
3. Set the air fryer to preheat, adjust to 350°F, and press the Start button.
4. Put the dough into the preheated frying basket. Cook for 8 minutes at 350°F. You can also choose the preset PIZZA cooking option.
5. Pull out the fryer basket after 3-5 minutes. For best result, you can put a raw egg on top of the dough.
6. Put back the pizza into the air fryer until it's fully baked. Garnish with sliced cilantro.

French Toast Sticks

Ingredients:

4 slices white bread,
1½ inches thick, preferably stale
2 eggs
¼ cup milk
1 tablespoon maple syrup
½ teaspoon vanilla extract Nonstick cooking spray
3 tablespoons sugar
1 teaspoon ground cinnamon Maple syrup, for serving

Directions:

1. Slice the bread to form the sticks.
2. Whisk the milk, eggs, milk, vanilla and maple syrup.
3. Set the temperature to 350°F. Let it heat.
4. Put the bread sticks into the preheated air fryer. Make sure to dip the stick into the egg mixture. Sprinkle the bread sticks with oil. Apply generously.
5. Set the cooking time for 10 minutes at 350°F. Flip the sticks halfway through cooking.
6. Combine sugar and cinnamon together in a bowl. Set aside.
7. When the sticks are cooked, coat them in the cinnamon sugar mixture.
8. Sprinkle or coat with sugar. You may make a maple syrup as a dip . Makes 4 servings

Ginger Blueberry Scones

Ingredients:

- 2 large eggs
- 2 teaspoons vanilla extract
- 1 teaspoon water
- 2 cups all-purpose flour
- ¼ cup granulated sugar
- 2 teaspoons baking powder
- ⅛ teaspoon salt
- 6 tablespoons of cold pieces of butter
- ½ cup fresh blueberries
- 2 teaspoons of grated fresh ginger
- ½ cup heavy cream

Directions:

1. Sift the sugar, flour, salt and baking powder in a large mixing bowl.
2. Cut in butter with the flour until the mixture until it looks like a fine bread crumbs.
3. Put the blueberries and ginger into the flour mixture. Set a side.
4. Whisk the heavy cream, egg, and vanilla extract together to form a mixture.
5. Fold the cream mixture into the flour until it combines.
6. Form a round shape dough with 1.5-inch thickness. Slice into 8 parts.
7. Brush the scones with an egg wash made from 1 egg and the water. Set a side.
8. Preheat the air fryer by adjusting the temperature to 350°F. Press the Start button.
9. Line the baskets with parchment paper and put the scones on top.
10. Set the temperature to 350°F or 10-12 minutes until the scones turn to golden brown.

Muffin Breakfast Sandwich

Ingredients:

1 slice white cheddar cheese
1 slice Canadian bacon
1 English muffin,,split
1 tablespoon hot water
1 large egg
Salt & pepper
Nonstick cooking spray

Directions:

1. Spray cooking spray inside the 3-ounce ramekin with put it inside the Ultrean airfryer.
2. Set to Preheat by adjusting it to 320°F for 3 minutes.
3. Add Canadian bacon and cheese to 1 half of the English muffin.
4. Put the sliced muffin into the air fryer.
5. Put 1 tb of hot water and egg into the hot ramekin. Season with salt and pepper.
6. Put the ramekins and the muffin in the air fryer. Set the air fryer to 360°F for 4-7 minutes.
7. Take the English muffins out after 5 minutes, leaving the egg for the remaining time.
8. Create the sandwich by placing the cooked egg on top of the English muffin and serve.

BALSAMIC MUSTARD FLANK STEAK

Ingredients:

¼ cup olive oil
¼ cup balsamic vinegar
2 tablespoons Dijon mustard
16 ounces flank steak Salt & pepper
sliced basic leaves

Directions:

1. Whisk balsamic vinegar,olive oil and mustard together to form a marinade.
2. Put the steak directly into the marinade. Seal put marinated meat in the fridge for 3 hours or overnight.
3. Remove from fridge and let it cool down.
4. Preheat the air fryer.
5. Put the steak into the preheated air fryer, choose the Steak preset function. Press Start. Flip over halfway through frying to check and get the texture that you like.
6. Once cooked, let it cool for a few minutes.Slice to your desired thickness.
7. Add salt and pepper totaste.Garnish with basil.

BARBEQUE CHICKEN

Ingredients:

1 pound chicken legs
½ pound chicken wings
½ tablespoon brown sugar
1 tablespoon kosher salt
1 teaspoon cumin
½ tablespoon garlic powder
½ tablespoon onion powder
½ teaspoon cayenne pepper
½ teaspoon black pepper
½ teaspoon white pepper
½ tablespoon smoked paprika
½ tablespoon chili powder
Barbecue sauce, for basting & serving

Directions:

1. Mix all the seasonings together in a bowl.
2. Rub the seasoning over the chicken evenly and letit marinate for 30 minutes.
3. Preheat the air fryer to 380°F.
4. Put the chicken in the preheated air fryer.
5. Select Chicken and set time to 20 minutes.
6. Baste the chicken with a barbecue sauce every 5minutes until it's cooked.
7. Take out the chicken from the air fryer whendone cooking.
8. You can serve with some more barbecue sauce onthe side.

CAJUN CHICKEN TENDERS

Ingredients:

- 1 pound chicken tenderloins
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons paprika
- 1 teaspoon cayenne pepper
- 1 tablespoon Louisiana hot sauce
- 1½ tablespoons cornstarch
- 1½ teaspoons ground mustard
- 2½ teaspoons salt
- 1½ teaspoons black pepper
- 1½ cups all-purpose flour
- 1½ cups buttermilk
- Nonstick cooking spray

Directions:

1. Combine chicken tenders, buttermilk and hot sauce and mix them well. Let it marinate for 4 hours or overnight.
2. Mix all the seasonings together with cornstarch and flour in a large bowl.
3. When the marinated chicken tenders are ready, coat them with the breading mixture and shake off any excess.
4. Add 1/3 of the marinade into the seasoned flour and mix well. This will create little flakes.
5. Let the chicken rest for an hour until the coating gets sticky and dip the tenders back in the flour. Set aside.
6. Preheat the air fryer to 400°F.
7. Spray a cooking spray on each side of the chicken tenders and put in the preheated air fryer.
8. Cook the tenders at 400°F for 10 minutes until golden brown and crispy.
9. Ready to serve.

CAJUN SHRIMP

Ingredients

- 1¼ pounds tiger shrimp (16-20 count)
- ¼ teaspoon cayenne pepper
- ½ teaspoon old bay seasoning
- ¼ teaspoon smoked paprika
- 1 pinch of salt
- 1 tablespoon olive oil

Directions:

1. Preheat the Airfryer to 390°F. In amixing bowl combine all of the ingredients, coating the shrimp with the oil and the spices. Place the shrimp into the cooking basket and cook for 5 minutes. Serve over rice.

CHIPOTLE TUNA MELT

Ingredients:

1 can Tuna (5 ounces)
4 slices white bread
3 tablespoons La Costeña Chipotle Sauce
2 slices pepper jack cheese

Directions:

1. Preheat the air fryer to 320°F.
2. Combine the tuna and chipotle sauce and mix well.
3. Spread the chipotle tuna mixture onto each of 2 bread slices.
4. Add a slice of pepper jack cheese onto each.
5. Put the sandwiches into the preheated air fryer.
6. Select bread and set the time to 8 minutes to cook.
7. When it's done, take the sandwiches out from the air fryer.
8. Cut it diagonally and serve.

FIESTA MINI PIZZAS

Ingredients:

1 Pre-made Pizza Crust (7 inches)
4 tablespoons salsa
3 ounces Shredded Mexican Cheese Blend
2 tablespoons frozen corn, thawed
2 tablespoons cooked black beans
1 tablespoon frozen peas, thawed
Olive oil

Directions:

1. Preheat the air fryer to 320°F.
2. Baste the pizza crust with olive oil.
3. Put the pizza crust in the preheated air fryer and cook for 10 minutes at 320°F.
4. Add the salsa, cheese, corn, black beans, and peas 5 minutes before it cooks.
5. Ready to serve.

FISH AND CHIPS

Ingredients:

- 2 russet peeled and cut potatoes (wedges)
- 1 pound of patted dry cod (sliced into thick strips)
- 2 tablespoon of vegetable or olive oil
- 1 teaspoon of salt
- ¼ cup of all purpose flour
- 1 egg
- 1 tablespoon water
- ¾ cup Panko breadcrumbs
- ¼ cup grated Parmesan cheese
- Tartar sauce malt vinegar
- chopped parsley

Directions:

1. Combine the sliced potato wedges, oil, and salt together in a bowl.
2. Put some of the wedges to the frying basket, make sure to put just enough pieces (Do not put more than what the unit can cook at one session) Start frying by setting the temperature to 400F degrees for 15-20 minutes. Shake or turn over halfway through cooking for better and even result. Set aside.
3. Put the flour in one bowl. Whisk the egg and water lightly in another mixing bowl. Mix the breadcrumbs and cheese in a separate bowl.
4. Dredge the cod in egg, then coat with flour. Lastly, dip and cover it with breadcrumbs.
5. Put the fish to the frying basket (Make sure not put not more than the unit's cooking capacity) You may choose the PRESET Fish Cooking Option or just set the temperature to 330°F degrees for 15-20 minutes. Turn it over halfway through cooking to check if requires more cooking time or not.
6. Serve with tartar sauce, malt vinegar, potato

FIVE-SPICE STICKY CHICKEN

Ingredients:

- 4 boneless chicken thighs
- 4 tablespoons honey (divided)
- 2 tablespoons dark soy sauce (divided)
- 3 tablespoons hoisin sauce
- 1 tablespoon oyster sauce
- 3 grated garlic cloves
- 2 teaspoons Chinese Five-Spice Powder

Directions:

1. Mix the garlic, oyster sauce, hoisin, Chinese FiveSpice Powder, 2 tablespoons of honey, and 1 tablespoon of dark soy sauce in a large bowl.
2. Add the chicken thighs into the bowl and mix until well-soaked. Let it marinate for at least 2 hours.
3. Preheat the air fryer to 380°F.
4. Put the chicken thighs into the preheated air fryer baskets.
5. Select Chicken and adjust time to 12 minutes.
6. Combine the remaining honey and soy sauce together in a small bowl and mix.
7. After 8 minutes of cooking, baste the top of chicken with the honey-soy sauce and return to the air fryer to finish cooking for 4 minutes.
8. Serve with rice and steamed broccoli.

FRIED CHICKEN WINGS

Ingredients:

½ kilo of chicken wings
soy sauce

Directions:

1. Preheat to 370°F for 3 minutes.
2. Combine the seasonings - ginger, soy sauce and oil and mix them well.
3. Smear the mixture over the chicken wings let the flavor be fully absorbed by the meat. Marinade for 20-30 minutes.
4. Place the chicken wings into the air fryer's basket. Start cooking. Set to 360°F for 18-20 minutes or until golden brown. Remember to turn it over half way through the cooking time.

FRIED CHICKEN

Ingredients:

2 chicken legs
2 chicken thighs
2 tablespoons oil
1½ cups all-purpose flour
1 cup buttermilk
1 teaspoon paprika
1 teaspoon salt
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon black or white-pepper
Nonstick cooking spray

Directions:

1. Place the chicken legs, thighs, and buttermilk in a ziplock bag and mix well. Then it marinate for 1-1½ hours.
2. Combine flour, spices, and salt in a bowl and mix well.
3. Take out the chicken legs and thighs straight from the bag and coat with flour evenly. Let it sit for 15 minutes in a cooling rack.
4. Preheat the air fryer and adjust to 380°F.
5. Baste the chicken legs and thighs with oil on each side.
6. Put the chicken legs and thighs into the preheated air fryer.
7. Select Chicken and set the time to 25 minutes.
8. Make sure to flip the chicken halfway through cooking and spray with cooking spray.
9. When done cooking, allow it to cool for 5 minutes then serve.

FRIED FISHES

Ingredients:

1 pinch salt
3 tablespoons of salad oil
chicken extract
1 pinch of paprika cumin
½ kilo of thawed sleeve-fishes

Directions:

1. Preheat the unit to 370 °F for 3 minutes.
2. Mix all the spices and flavorings well.
3. Smear the marinated mixture on the sleeve-fishes for 20-30 mins.
4. Place the sleeve-fishes into the frying basket. Let it cook for 10-12 minutes at 400°F. Turn the food halfway through cooking.

FRIED STEAK

Ingredients:

1	ounce of brandy
300g	steak
	grated black pepper
	Soy sauce

Directions:

1. Preheat the fryer at 370 °F
2. Prepare the seasonings or your favorite spices. Combine them all and pour them on the steak
3. Make sure that all parts of the steak are marinat-ed for 20 minutes.
4. Place the marinated steak into the air fryer. Set the temperature to 360 °F for 10-15 minutes. Make sure to turn the steak over half way through the cooking.

GARLIC CHIPOTLE FRIED CHICKEN

Ingredients

1 cut up fryer chicken
2 cups buttermilk
½ cup lemon juice
2 garlic cloves
2 canned chipotle peppers
Chopped cilantro
3 teaspoons kosher salt, divided
2 eggs2 cups all-purpose flour
2 teaspoons black pepper

Directions:

1. Mix buttermilk, garlic, peppers, lime juice, 2 teaspoons salt, and eggs in the blender and blend. Pour the mixture into a large plastic bags (zip top bag) together with the chicken pieces to marinate them.
2. Refrigerate the bags overnight or up to 24 hours.
3. Whisk the flour, black pepper, and remaining 1 teaspoon salt in a mixing bowl.
4. Remove the marinated chicken pieces from the bags.
5. Put the flour in a plate and coat the chicken. Put some of the coated chicken in the air fryer basket. Just put minimal pieces that the air fryer can cook at a time.
6. Select the Chicken Preset Button or just set the temp to 400°F degrees for 15-20 minutes Once the cooking time has elapsed, check the chicken pieces. If the pieces aren't cooked yet, fry it for another 5-10 minutes until you get the desired golden brown crispy result. Results may vary depending on the size and the number of chicken pieces, so just add another cooking time for 5-10 mins if needed.
7. Serve with chopped cilantro or your preferred

GARLIC LEMON CHICKEN LEGS

Ingredients:

- 6 chicken legs, skin on 2 teaspoons paprika
- 2 tablespoons olive oil
- 1½ teaspoons salt
- 1 lemon, juiced & zested
- 1 tablespoon garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon black pepper
- ½ teaspoon brown sugar

Directions:

1. Mix all seasonings together in a small bowl.
2. Coat the chicken legs with the seasonings and let it marinate for 30 minutes.
3. Preheat the air fryer to 380°F.
4. Put the chicken in the preheated air fryer.
5. Select Chicken and let it cook for 20 minutes.

GRILLE D BEEF FAJITAS

Ingredients:

1 pound flank or skirt steak
1 minced garlic clove
2 tablespoons brown sugar
2 teaspoons chili powder
1 teaspoon cumin
1 teaspoon ground black pepper
1 small chopped red bell pepper
1 small sliced yellow bell pepper
1 small sliced green bell pepper
1 small chopped white onion
¼ cup vegetable oil
¼ cup soy sauce
¼ cup lime juice
Warm corn tortillas, cilantro and sour cream for serving

Directions:

1. To form a marinated mixture whisk oil, soy sauce, lime juice, garlic, brown sugar, chili powder, cumin, and black pepper all together. Set aside ¼ cup.
2. Get a resealable large bag and pour the ¾ mixture. Put the meat inside to the marinade.
3. Squeeze out the air and seal the bag well. Knead the mixture together with the meat so it can fully absorb the flavor. Refrigerate for at least 4 hours.
4. Once done marinating, get the remaining ¼ cup of mixture and add the bell peppers and onion.
5. Take out the meat from the bag. Place in frying basket. To cook you can Select the Meat Setting or manually set the temperature to 370°F degrees and set cooking time to 5 minutes.
6. Turn the meat over after the cooking time has elapsed then add another 3-5 minutes until the meat is fully cooked.
7. Remove the meat from the airfryer.Drain the vegetables from the mixture and place them to the fry basket. Let it cook for 370F degrees for 8-10 minutes.
8. Once cooked, slice the meat into thin strips.
9. Serve with sour cream, vegetables, tortillas and ci-lantro.

GRILLED CHEESE

Ingredients:

4 slices white bread
3 tablespoons melted butter
½ cup sharp shredded cheddar cheese

Directions:

1. Preheat the air fryer to 320°F.
2. Baste each side of the bread slices with melted butter.
3. Divide the cheese evenly on 2 slices of bread.
4. Put the sandwiches in the preheated air fryer.
5. Select Bread and set the time to 8 minutes.
6. When finished, cut it diagonally and serve.

GRILLED SCALLION CHEESE SANDWICH

Ingredients:

2 teaspoons butter
2 slices of bread
¾ cup grated medium cheddar cheese
1 tablespoon grated parmesan cheese 2 thinly sliced scallions tender green portions

Directions:

1. Spread some butter on one sliced bread.
2. Put cheddar cheese and scallions on it.
3. Place the buttered bread into the frying basket- butter side down.
4. Spread butter on the top slice and place it on top of the cheese, buttered side up. Sprinkle parmesan over.
5. Cook the bread and set the temperature to 350 °F and set cooking time to 5 minutes only.
6. Turn the sandwich over and cook for another minute or two.
7. Wait until the cheese is melted inside and the bread is toasted. You may add more minutes if you want a more toasted bread.

HONEY LEMON CHICKEN

Ingredients:

- 4 chicken thighs Salt Lemon slices for garnish
- 3 tablespoons honey
- 1 tablespoon soy sauce
- 1 lemon juice
- 2 minced garlic cloves

Directions:

1. Mix honey, soy sauce, lemon juice, and garlic in a bowl. Soak the chicken thighs and let it marinate for up to 1 hour.
2. Preheat the air fryer to 380°F.
3. Put the chicken into the preheated air fryer.
4. Select Chicken and set the time to 15 minutes.
5. Take the basket out from the air fryer 5 minutes before time and brush the chicken with more marinade mix.
6. Return the basket to the air fryer to finish cooking.
7. Season with salt, drip some honey, and garnish with lemon slices.

ITALIAN BAKED EGGS

Ingredients:

15 ounce can crushed tomatoes
1 diced yellow onion and garlic
½ teaspoon crushed red pepper flakes Salt and pepper to taste
4 large eggs
2 tablespoons shredded parmesan cheese
Basil for garnish
Toasted bread

Directions:

1. Saute the onion and garlic.
2. Add the crushed tomatoes. Mix it and bring to a simmer.
3. Add crushed red pepper flakes, salt and pepper.
4. Divide the sauce into 4 cups - 4 ounce ramekins until they are ⅔ of the way full.
5. Place an egg in the center of each ramekin and place in the air fryer. Depending on the size of the bowls, you may need to cook by batches.
6. Select 400° F and set the time to 9-10 minutes depending on how do you want the egg to be cooked. Once cooked, remove from the air fryer.
7. Add salt and pepper to taste. Garnish with ½ tablespoon of cheese and basil8.Serve with a toasted bread on the side.

ITALIAN MEATBALLS

Ingredients:

- ½ pound ground beef (75/25)
- ¼ cup panko breadcrumbs
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 teaspoons dried oregano
- 1 tablespoon dried parsley
- ⅛ cup milk
- 1 egg
- 3 tablespoons grated Parmesan cheese grated Nonstick cooking spray Marinara sauce
  Salt & pepper

Directions:

1. Mix all the breadcrumbs, milk, egg, spices, salt, pepper, and Parmesan together with the ground beef.
2. Shape the mixture into balls (to form the meat balls). Place the balls in fridge for 10 minutes.
3. Preheat the air fryer.
4. Place the meat balls into the preheated air frying basket.Brush with oil or use cooking spray.
5. Set the air fryer's temperature at 400°F for 8 -10 minutes.
6. Once cooked, serve on a plate, top with marinara sauce and grated cheese.

JAPANESE GLAZED MEATBALLS

Ingredients:

- 1 pound ground beef
- 1 tablespoon sesame oil
- 4 finely chopped scallions
- 1 teaspoon salt
- ½ teaspoon black pepper
- 3 tablespoons of soy sauce
- 3 tablespoons mirin
- 1 tablespoon Awase miso paste
- 10 finely chopped mint leaves
- 1 tablespoon sake
- 1 tablespoon water
- ½ teaspoon brown sugar

Directions:

1. Combine the ground beef, sesame oil, miso paste, mint leaves, scallions, salt and pepper until well mixed.
2. Spray some sesame oil to your hands and form the mixture into 2 inch meatballs. The mixture must form 6-8 meat balls depending on the size.
3. Put the meat balls in the fridge for 10 or 15 minutes.
4. Mix the sugar soy sauce, mirin, sake, water. Set aside.
5. Set the air fryer to preheat.
6. Put the meat balls into the preheated air fryer. Choose the preset Steak function adjust the time to 10 minutes and press start. Add more minutes if necessary.
7. Once cooked, brush the meat balls with the sugar glaze until it absorbs the flavor.

MEDITERRANEAN LAMB MEATBALLS

Ingredients:

- 1 pound ground lamb
- 3 minced garlic cloves
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- 1½ tablespoons mint, freshly chopped
- 1 teaspoon ground cumin
- ½ teaspoon hot sauce
- ½ teaspoon chili powder
- 1 scallion, minced
- 2 tablespoons chopped of chopped parsley
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon zest
- 2 teaspoons olive oil

Directions:

1. Combine the lamb and the seasonings together- garlic, salt, pepper,scallion, parsley, lemon juice mint, cumin, hot sauce, chili powder and lemon zest all together until well mixed.
2. Form the meat into 8-9 balls and place in the fridge for 15-30 minutes.
3. Preheat the air fryer.
4. Remove the meat balls from the fridge. Brush the balls with olive oil and place it in the air fryer.
5. Select the preset Steak function, adjust time to 10 minutes for cooking. You may add more minutes to match your preferred cooking result.

NEW YORK STEAK WITH CHIMICHURRI

Ingredients:

- 2 peeled garlic cloves
- 1 lemon, juiced
- ¼ cup extra-virgin olive oil
- ¾ cup fresh basil
- ¾ cup cilantro
- ¾ cup parsley
- 4 anchovy fillets
- 1 small shallot
- A pinch crushed red pepper

Directions:

1. Mix all of the sauce ingredients in a blender until your preferred sauce thickness and consistency is reached. Set aside.
2. Preheat the Air Fryer (2-3mins)
3. Brush vegetable oil onto the steak. Add salt, pepper or other seasoning to taste.
4. Put the meat into the preheated air fryer. Select the Steak Preset Function. If you want to achieve a medium rare steak set to 6 minutes. Adjust the time depending on your desired outcome.
5. Once cooked, let it cool down for about 5 minutes- Then slice the meat and top it up with the chimichurri sauce.

PORK KATSU

Ingredients:

- 2 boneless pork chops (6 ounces)
- 2 beaten eggs
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ cup panko breadcrumbs
- ½ cup all-purpose flour
- ¼ teaspoon white pepper
- Nonstick cooking spray

Directions:

1. Put the pork chops into a ziplock bag or cover with plastic wrap.
2. Pound the pork with a meat pounder or rolling pin until it has s a half-inch thickness.
3. Mix the breadcrumbs and seasonings in a bowl and set aside.
4. Coat each pork chop with flour, dip into the beaten eggs, and roll in the breadcrumb mixture.
5. Preheat the air fryer and adjust to 360°F.
6. Spray both sides of the pork with cooking spray and put into the preheated air fryer.
7. Place the pork chops into the air fryer and cook at 360°F for 14 minutes.
8. When done cooking, take out the pork chops from the air fryer and let it rest for 5 minutes.
9. Slice and serve.

PORTABELLA PEPPERONI PIZZA

Ingredients:

- 3 tablespoons olive oil
- 3 tablespoons tomato sauce
- 3 tablespoons mozzarella, shredded
- 12 slices pepperoni
- 1 pinch salt
- 1 pinch dried Italian seasonings portabella mushroom caps, cleaned and scooped

Directions:

1. Preheat the unit to 330°F.
2. Spray olive oil on both sides of the portabella. Smear salt, seasoning on the inside of the inside of the portabella to add more flavor. Set aside.
3. Spread the tomato sauce on the mushrooms and add cheese to taste.
4. Place the portabella into the air fryer. Pull out the frying basket from the Airfryer after a minute. Add pepperoni slices on top of the pizza.
5. Cook for another 3 to 5 minutes.
6. Serve with grated parmesan cheese and crushed red pepper flakes.

ROASTED GARLIC & HERB CHICKEN

Ingredients:

- 3 chicken thighs
- 3 chicken legs
- 2 tablespoons garlic powder
- 1 teaspoon salt
- ½ teaspoon dried rosemary
- ½ teaspoon dried thyme
- ½ teaspoon dried tarragon
- ½ teaspoon black pepper
- 2 tablespoons olive oil

Directions:

1. Mix all the seasonings including olive oil and rub it on to the chicken thighs and legs evenly. Let it marinate for 30 minutes.
2. Preheat the air fryer to 380°F.
3. Put the chicken into the preheated air fryer.
4. Select Chicken and set time to 20 minutes and let it cook.
5. Ready to serve.

SALMON WITH DILL SAUCE

Ingredients:

1½ pounds of salmon (3-4 pieces)

2 teaspoons of olive oil
1 pinch of salt

FOR THE SAUCE

½ cup of sour cream
½ cup of Greek yogurt
1 pinch of salt
2 tablespoons of chopped dill

Directions:

1. Preheat the unit to 270 °F.
2. Cut the salmon into 3 to 4 pieces. Sprinkle olive oil and salt to taste.
3. Put the salmon into the frying basket. Let it cook for 20-25 minutes.
4. While waiting, you can make the dill sauce by combining the yogurt, chopped dill, sour cream, salt or add other spices to your liking. Mix them well until they are blended.
5. Put the cooked salmon on a plate and top it with the dill sauce. Add salt or other garnish. .

SALMON WITH LEM - ON DILL SAUCE & ASPARAGUS

Ingredients:

2-6 ounce salmon filets Kosher salt and black pepper
½ cup Greek yogurt
1 tablespoon minced dill
2 teaspoons avocado oil
1 clove of minced garlic
1 lemon, juiced
1 bunch asparagus
Salt and pepper

Directions:

1. Add kosher salt and black pepper to the salmon fillets. Sprinkle or brush the fish with avocado or olive oil.
2. Place the salmon in the airfyring basket. Use parchment paper, place it on the bottom to prevent the fish from sticking to grill basket or plate.
3. Choose the preset fish cooking setting or you may manually set it to 330° F degrees. You may adjust the time to 15 minutes for medium-rare and 20-25 minutes for medium to well-done. Result varies with the size and thickness of the fillet.
4. Once fully cooked, place the fillets on a plate and tent with foil to keep warm. Remove the piece of parchment from the air fryer,
5. Cut the ends of the asparagus. To add taste season with kosher salt and pepper and you may sprinkle or brush some oil. Cook the asparagus in the airfryer. Set the fry setting to 400 ° F. and set the temperature to 6-8 minutes.
   CREATING THE SAUCE:
   Combine the Greek yogurt, dill, garlic and lemon in a mixing bowl. Season to taste.
6. Put the salmon and asparagus on the plate with sauce on the side.

SPICY SHRIMPS

Ingredients:

- salad oil
- minced garlic
- spicy black pepper
- paprika
- 10 thawed shrimps

Directions:

1. Preheat the unit to 370°F for 3 minutes.
2. Clean and peel the shrimp. Devein and rinse.
3. Spray olive oil onto the shrimps and put them into the frying basket. Start cooking by setting the temperature to 360°F for 10 minutes.
4. Add spices, garlic, chili and olive oil. Put the sauce mixture in a plate.
5. Sprinkle salt and pepper to add more flavor.

STEAK SANDWICH

Ingredients:

16 oz of boneless ribeye
1 tablespoon of olive oil
1 teaspoon salt
½ teaspoon black pepper
½ cup sour cream
3 tablespoons prepared white drained horseradish,
2 teaspoons chopped chives
1 small minced shallot
½ teaspoon lemon juice
Salt & pepper

FOR SERVING

Toasted sesame seed buns Baby arugula, sliced shallots

Directions:

1. Preheat the air fryer
2. Put olive oil on the steak. Season with the salt and pepper.
3. Put the steak into the preheated air fryer.
4. Select the Steak preset function and press Start. Turn over halfway through the cooking. You may adjust the timer depending on your preferred texture.
5. Combine the chives, sour cream, horseradish, shallots, and lemon juice in a small bowl. Add salt and pepper to taste. Set aside.
6. Remove the steak from the unit once done cooking, let it cool for 5 to 10 minutes. Slice to your desired thickness.
7. Make a sandwich by putting some of the horse-radish cream, baby arugula, sliced shallots, and the sliced steaks as your bun's filling.

TERIYAKI-GLAZED SALMON

Ingredients:

Teriyaki Sauce

1 garlic clove, crushed
½ cup soy sauce
¼ cup sugar
¼ teaspoon grated ginger
¼ cup orange juice
salmon
white pepper

Directions:

1. Mix all teriyaki sauce ingredients.
2. Boil the sauce until it reduces to half and let it cool.
3. Preheat the air fryer to 350°F.
4. Dredge the salmon with oil then season with salt and white pepper.
5. Put the salmon into the preheated air fryer, skin-side down.
6. Select seafood and adjust time to 8 minutes.
7. Take out the salmon from the air fryerwhen done cooking and let it rest for 5 minutes.
8. Baste it with teriyaki sauce and serve.

TURKEY TACO SLIDERS

Ingredients:

1 pound ground turkey
8 slider buns
1 package taco seasoning (for 1 pound of meat)
½ medium diced yellow onion
½ cup shredded cheddar cheese

Directions:

1. Combine the ground turkey,onion, taco seasoning and cheddar cheese together in a medium or large bowl.
2. Mix the ingredients well, then shape it to form a patty that will fit the bun. divide into six to eight even portions.
3. Cook four patties into the basket of the air fryer Select the Meat preset function or manually set the temperature to 370 °F. Set the time to 10 minutes. Half way through cooking turn the patties over to add more time if needed.
4. Once the first batch is cooked, prepare the second batch and repeat the procedures.
5. Serve on the slider buns with your preferred toppings or garnishes.

AVOCADO FRIES

Ingredients:

2 avocados
2 beaten eggs
1 cup panko breadcrumbs
½ cup all-purpose flour
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon smoked paprika
¼ teaspoon cayenne
Salt & pepper
Nonstick cooking spray
Ketchup or ranch

Directions:

1. Slice the avocados into 1-inch thick wedges.
2. Get a bowl and mix the breadcrumbs, garlic powder, onion powder, smoked paprika, cayenne, salt, and pepper.
3. Toss each avocado wedge in the flour, dip in the beaten eggs, and roll in the breadcrumbs mixture.
4. Preheat the air fryer to 400°F.
5. Put the avocado fries into the preheated air fryer baskets and spray with cooking spray.
6. Cook the fries to 400°F for 10 minutes.
7. Make sure to flip the fries halfway through for even cooking and spray with more cooking spray.
8. Serve with ketchup or ranch for dipping.

BRUSSEL SPROUTS WITH PANCETTA

Ingredients:

- 10 ounces brussel sprouts
- 1 tablespoon freshly grated Parmesan cheese
- 1 tablespoon olive oil
- 2 strips diced pancetta
- ½ teaspoon garlic powder Salt & pepper

Directions:

1. Preheat the air fryer to 400°F.
2. Wash the Brussel sprouts properly, cut the stems off and slice in half.
3. Get a bowl, and add the Brussel sprouts, diced pancetta, garlic powder, olive oil, salt, and pepper mix well.
4. Put the mixture to the preheated air fryer.
5. Set the time for 10 minutes to cook. Make sure to shake the baskets halfway through cooking.
6. Grate some Parmesan cheese for garnish and serve.

GREEK FRIES

Ingredients:

2 russet potatoes
1 liter cold water
2 ounces crumbled feta cheese
2 tablespoons oil
1 tablespoon chopped flat leaf parsley
1 tablespoon fresh oregano
1 teaspoon garlic powder
1 teaspoon paprika
Salt & pepper
Lemon wedges

Directions:

1. Wash the potatoes properly and slice into 3 x ½ inch strips. Then, soak in the water for 15 minutes.
2. After 15 minutes, drain the water, wash the potatoes with cold water and dry them with paper towels.
3. Drizzle the potatoes with oil, add garlic powder and paprika and make sure they are evenly coated.
4. Preheat the air fryer to 380°F.
5. Place the potatoes to the preheated air fryer.
6. On the air fryer, select French Fries and adjust the time to 28 minutes. Make sure to shake the baskets halfway through cooking.
7. Take the baskets out from the air fryer when done cooking and add feta cheese, parsley, oregano, salt, and pepper to season.
8. Serve with ketchup or ranch and lemon wedges.

HOMEMADE FRENCH FRIES

Ingredients:

2 russet potatoes
1 liter cold water
2 tablespoons oil
1 teaspoon garlic powder
1 teaspoon paprika Salt & pepper Ketchup or ranch

Directions:

1. Wash the potatoes and cut into 3 x ½ inch strips. Soak in the water for 15 minutes.
2. After 15 minutes, drain the water, wash the potatoes with cold water and dry them with paper towels.
3. Drizzle oil and sprinkle spices to the potatoes and make sure they are completely coated.
4. Preheat the air fryer to 380°F.
5. Put the potatoes to the preheated air fryer.
6. On the air fryer, select French Fries and adjust the time to 28 minutes. Make sure to shake the baskets halfway through cooking.
7. Take the baskets out from the air fryer when done cooking and sprinkle some salt and pepper to season.
8. Serve with ketchup or ranch.

ONION RINGS

Ingredients:

- 1 small white onion
- 2 eggs
- 1 cup buttermilk
- 1 cup panko breadcrumbs
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- ½ cup all-purpose flour
- Nonstick cooking spray

Directions:

1. Wash the onions and cut into ½ inch thick rounds and separate the layers into rings.
2. In a bowl, mix the breadcrumbs, paprika, and salt then set aside.
3. Whip the eggs and buttermilk together until they are fully mixed.
4. Toss each onion ring into the flour making sure it's evenly coated, then dip in the beaten eggs, and into the breadcrumb mixture.
5. Preheat the air fryer to 370°F.
6. Spray the onion rings with cooking spray generously.
7. Put the onion rings in the preheated air fryer baskets, and cook in batches at 370°F for 10 minutes until golden brown.
8. Make sure to use cooking spray in between for even cooking.
9. Serve with your favorite dipping sauce.

PARMESAN ZUCCHINI FRIES WITH HERB DIPPING SAUCE

Ingredients:

2 medium Zucchini
1 cup finely grated parmesan cheese
1 cup Italian style bread crumbs
1 cup panko
1 egg + 2 tablespoons water

Salt and black pepper

For The Sauce

1 tablespoon minced dill
1 tablespoon minced parsley
1 tablespoon minced chives
1 lemon juiced
¾ cup Greek yogurt
¼ cup sour cream
Salt and pepper to taste

Directions:

1. Slice the zucchini in half lengthwise like a stick with no more than ½ inch thick and 4 inches long.
2. Whisk the egg and water together in a bowl and season with salt and pepper.
3. Get a bowl and mix the panko, parmesan cheese and bread crumbs, then season with salt and pepper.
4. Dip the zucchini in the egg and dredge in breadcrumbs.
5. Put some of the zucchini sticks in the air fryer and cook to 400°F for 10 minutes.
6. Make sure to shake the basket halfway through for even cooking.
7. After cooking, take it out from the fryer and season with kosher salt.
8. Then, repeat the same process with remaining zucchini fries.
9. You can also reheat all the zucchini fries for about 2-3 minutes.
10. Meanwhile, mix the Greek yogurt, sour cream, dill, parsley, chives, lemon juice and salt and pepper forthe sauce.

ROASTED BUTTERNUT SQUASH

Ingredients:

- 1 butternut squash
- 2 tablespoons olive oil or more for drizzling
- 1 teaspoon salt
- 1½ teaspoons thyme leaves
- ½ teaspoon black pepper

Directions:

1. Preheat the air fryer to 400°F.
2. Make sure the squash is peeled and seeded. Then, cut into 1-inch cubes.
3. Add olive oil to the squash cubes and season with thyme, salt, and pepper.
4. Place the seasoned squash to the preheated air fryer and cook at 400°F for 12 minutes.
5. Make sure to shake the baskets halfway through for even cooking.
6. Get the remaining olive oil and drizzle to the cooked squash then serve.

ROASTED CAULIFLOWER

Ingredients:

- 10 ounces cauliflower florets
- 2 teaspoons olive oil
- ¼ teaspoon black pepper
- ½ teaspoon salt

Directions:

1. Preheat the air fryer to 300°F.
2. Get a bowl and put the cauliflower florets. Add some olive oil and sprinkle with salt and pepper to season. Make sure the floret are evenly coated.
3. Place the cauliflower into the preheated air fryer.
4. Set the time to 10 minutes to cook.
5. Ready to serve.

ROASTED CORN

Ingredients:

1 ear of corn
1 tablespoon melted butter
¼ teaspoon salt

Directions:

1. Preheat the air fryer to 400°F.
2. Make sure to remove the corn's husks and silks and cut into half.
3. Baste the corn with the melted butter and season with salt.
4. Put the corn in the preheated air fryer.
5. Set the time to 10 minutes to cook.
6. Make sure to flip the corn halfway through for even cooking.
7. Remove the corn from the air fryer once done cooking.
8. Ready to serve.

ROASTED EGGPLANT

Ingredients:

1 Japanese eggplant
2 tablespoons olive oil
¼ teaspoon black pepper
¼ teaspoon onion powder
¼ teaspoon ground cumin
½ teaspoon salt
½ teaspoon garlic powder

Directions:

1. Preheat the air fryer to 400°F.
2. Peel and slice the eggplant into ½ inch thick slices.
3. Get a large bowl. Add the oil and seasonings together and mix well.
4. Dredge the eggplant into the season in the mixture until well-coated.
5. Put the eggplant into the preheated air fryer and cook at 400°F for 10 minutes.

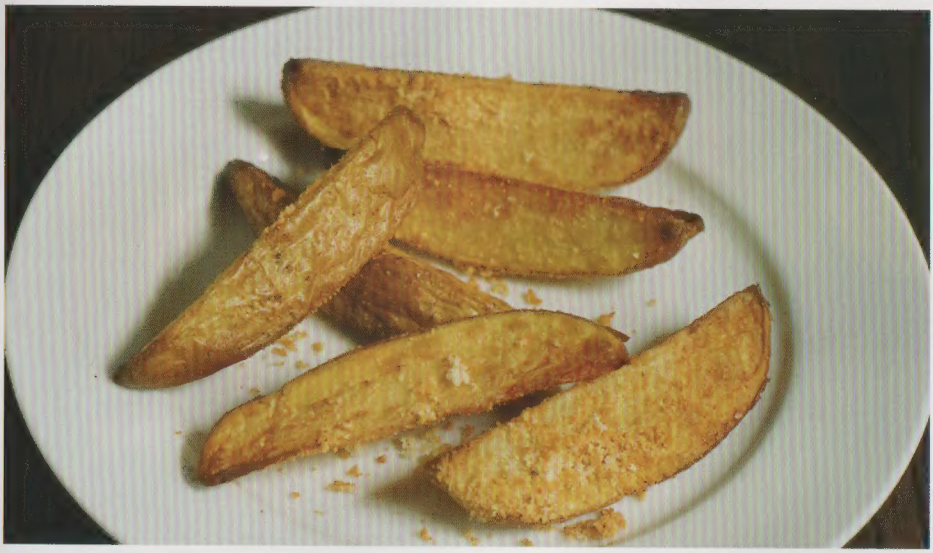
ROASTED GARLIC BROCCOLI

Ingredients:

1 large head broccoli
1 teaspoon garlic powder
1 tablespoon olive oil
¼ teaspoon black pepper
½ teaspoon salt

Directions:

1. Preheat the air fryer to 300°F.
2. Add olive oil to the broccoli and mix together until evenly coated.
3. Sprinkle the broccoli with the seasonings.
4. Place the broccoli to the preheated air fryer.
5. In the air fryer, select vegetables and adjust time to 10 minutes.
6. Ready to serve.



SMOKED PAPRIKA AND PARM POTATO WEDGES

Ingredients:

2 *Yukon gold potatoes, cut in 6 wedges each*

1 tablespoon olive oil (optional)
½ teaspoon smoked paprika
¼ teaspoon salt
¼ cup grated parmesan cheese

Directions:

1. Don't forget to wash the potatoes first then cut them into 6 wedges each.
2. Place the wedges in a bowl and season with paprika and salt. You can also drizzle it with olive oil if you want.
3. Put the sliced potatoes in the air fryer basket and adjust to 400°F and cook for 20 minutes.
4. Make sure to shake the basket after ten minutes for even cooking.
5. Once you see the fries are ready, sprinkle the parmesan cheese evenly over the potatoes and cook an additional 2 minutes to brown the cheese.
6. Ready to serve.

SWEET POTATO FRIES WITH SRIRACHA MAYONNAISE

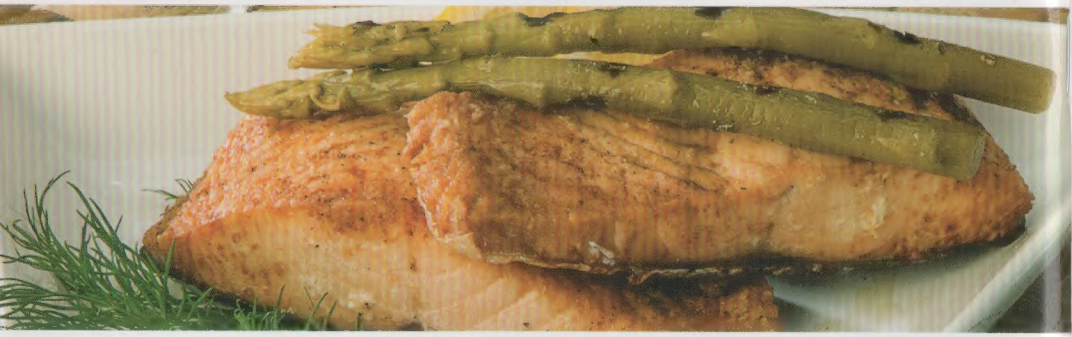
Ingredients:

- 1 large sweet potato (peeled and cut into 1/4-inch wide strips)
- 2 tablespoons sriracha
- 2 teaspoons lemon juice
- 2 tablespoons vegetable oil
- 1 teaspoon kosher salt
- 1 teaspoon garlic powder
- ½ teaspoon paprika
- ½ cup mayonnaise
- ¼ cup cornstarch
- Chopped parsley

Directions:

1. Put the sweet potato strips to a large zip-top plastic bag.
2. Then, add the cornstarch, salt, paprika, and garlic powder to the bag and shake it until potatoes are completely coated.
3. Put the oil to the bag and mix it well with the potatoes.
4. Put the fries in to the frying basket. Make sure it's not overcrowded.
5. Cook the fries to 400°F and adjust the time to 15 minutes or until you reach your preferred crispness. Shake the basket halfway through.
6. Take out the fries once done cooking and repeat the same process until all the fries are cooked.
7. In the meantime, combine the mayonnaise, sriracha, and lemon juice and mix well.
8. Serve fries immediately with sriracha mayonnaise and chopped parsley.

ULTREAN



Need Help??

support@ultrean.com www.ultrean.com